



Refugees set up tents among their salvaged belongings on Jefferson Square, San Francisco, April 1906.

No matter where you live, there is a chance of a natural disaster occurring. Earthquakes, floods, fires, and hurricanes happen without warning. Whatever the catastrophe may be, it pays to be prepared.

Don't wait for an emergency to do your planning. A little thought and a few simple steps could make your crisis response safer and easier. The ideas listed here are intended only as a starting point to develop an Emergency Plan. Consult the list of additional resources below for specific steps to protect yourself.

1. Start with a home inspection. Many earthquake injuries are caused not by collapsing buildings, but by items being thrown around during an earthquake.
2. Make an earthquake kit. Put together a collection of supplies and materials that your family would need for three to five days. Store your supplies in a solid, water tight container like a garbage can or heavy box and keep it someplace accessible. Take a course in first aid and CPR. You never know when an emergency will hit, but these skills will be priceless when you need them.
3. Plan your response to an emergency. How will you reach members of your family if you are away from home? What can you do to safeguard your family and friends?

You've considered the risks, made your plans, and have set aside supplies. When an earthquake hits, the most important thing is to stay calm and think about what you are doing.

After the initial quake and the shock of what has happened have passed, you will see the real value of your preparations. Earthquakes and most natural disasters can be terrifying, but you can respond to them better if you prepare for them.

What to Do When an Earthquake Happens

Inside a Building

- Get under a desk or heavy table and protect your head and neck with your arms.
- If no cover is available, drop to the floor next to an interior wall and protect your head and neck.
- Avoid exterior walls, windows, tall furniture, and heavy appliances.
- Wait until the shaking stops then carefully go outside.

Outside

- Seek out an open space, if you can.
- Avoid hazards like buildings, tall windows, power lines, and trees. Watch for falling debris.
- You may be more protected in a safe building than out in the street.
- If you are driving, pull over to the side of the road, stop, and set the brake.
- Avoid overpasses, power lines, bridges, and things that could fall onto the vehicle.

After the Shaking Stops

- Check yourself then others for serious injuries. Use your first aid and CPR skills, if necessary.
- Look for fire and put out small ones if you can.
- Shut off your gas at the main valve if you smell or hear it leaking. Don't turn it back on; wait for the gas company to check it.
- Turn off the electricity at the main breaker if you see damage to the wiring.
- Put your Emergency Plan to work for you.

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KIDS—check out the back page for how you can help your family prepare for an earthquake.

Are You Prepared?

W.C. Mendenhall, 1906

In Your Earthquake Kit

- Food and Utensils – Canned and dried foods, a can opener, utensils, etc.
- Water – at least 1 gallon per person for 5 days.
- A first aid kit, necessary medications, and personal hygiene supplies like toilet paper, soap, and toothpaste.
- Warm clothes, a waterproof poncho, and sturdy shoes.
- Blankets, sleeping bags, and perhaps a tent.
- Flashlights, a radio, extra batteries, and light bulbs.
- Books, games, or some favorite toy that would help entertain and calm your children.
- Pet food and a way to restrain your pets if you have to.

- Copies of important papers such as home and health insurance policies and personal identification.

Your Emergency Response Plan

- Decide on a place to meet after an emergency.
- Know the Emergency Plans for your work and school.
- Decide on a person you can call outside of the area who can coordinate information on the location and condition of family members.
- Make sure everyone in your family has that contact number.
- Call your contact, but keep your calls to a minimum. Expect phones lines to be congested with emergency traffic.

California National Parks and the San Andreas Fault

Point Reyes National Seashore isn't the only National Park along the path of the San Andreas Fault. The fault's power to create astounding landscapes has led to the preservation of:

- Golden Gate National Recreation Area
- Pinnacles National Monument
- Channel Islands National Park
- Santa Monica Mountains National Recreation Area
- Cabrillo National Monument
- Joshua Tree National Park

The geologic processes described in this publication are factors in the natural beauty of other National Parks in California including:

- Lava Beds National Monument
- Lassen Volcanic National Park
- Yosemite National Park
- Devil's Postpile National Monument
- Kings Canyon National Park
- Sequoia National Park
- Death Valley National Park
- Mojave National Preserve



Marshak, S., 2005, Earth: Portrait of a Planet, 2nd Ed., NY: W.W. Norton and Co.